

Call triple zero (000) in an emergency

ask for ambulance, stay with the person and resuscitate



1 Check for **D**anger

Ensure safety for yourself, bystanders and casualty.

If safe, remove casualty from water as soon as possible.



2 Check **R**esponse

Can you hear me?

Open your eyes.

What's your name?

Squeeze my hand.



3 **S**end for help **NOW** call triple zero (000)

Phone for an ambulance.

Remain calm while answering the questions:

- exact location of the incident
- phone number you are calling from
- what has occurred.

Follow the instructions from the ambulance service.



4 **C**lear **A**irway

If water or vomit is present in mouth, roll casualty on side, tilt face downwards and clear mouth with your fingers.



5 **C**heck for normal **B**reathing

Look and feel for rising and falling chest.

Listen and feel for breath sounds.

If the patient is not breathing normally, commence resuscitation.

6 **S**tart **C**ompressions

Adults – place heel of hand in centre of chest. Place other hand on top of first.

Children 1 – 8 years – place heel of hand in centre of chest.

Infants <1 year – place 2 fingers in centre of chest. Compress 1/3 depth of chest. Compress 30 times.



7 **P**osition the **a**irway

Adults and children – tilt head backward. Place one hand on the forehead and use the other hand to lift the chin.

Infants <1 year – do not tilt head. Place one hand on the forehead and use the other hand to support the chin.



8 **S**tart **b**reaths

Adults and children – seal nose and give **2 breaths into mouth.**

Infants <1 year – give 2 breaths into mouth and nose.

Watch for chest to rise.



9 **R**epeat **b**reaths & **c**ompressions

Repeat 30 chest compressions and 2 breaths.

Continue until ambulance arrives or person regains consciousness or it becomes impossible for you to continue.



10 **A**tach a **D**efibrillator as soon as available. **F**ollow the prompts

If injured person shows signs of recovery, roll onto side and check if they are breathing.

Reassure the person and bystanders.



Learn first aid. Contact www.ambulance.qld.gov.au or 13 QGOV (13 74 68).

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